



**Independent
Living Program**

Department of Social Services
P.O. Box 8119
San Luis Obispo, CA 93403

The Independent Living Program Spring 2010



**In Collaboration with:
The Department of Social Services,
Cuesta College,
& YESS-CA**



Independent Living Program Staff

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ILP Website:	http://academic.cuesta.edu/ilp/index.htm	

Earn High School & College Credit through ILP!

- **ILP Classes** are held on selected **Tuesdays**. The time commitment is 5:00-8:00 pm, not including transportation time. (see calendar)
- You can earn **High School and College Credit** for participating in ILP classes. You will earn 1/2 unit for attending each **set of courses**. A **set** consists of 3 classes. You have to sign up for, **attend and participate** in the classes **to receive credit**. There are 4 different courses in the Spring semester (Jan-May). Therefore, **you may earn up to 2 college units which is equal to 5 high school elective credits in one semester!** You will register before the first class of each course with your caseworker. You must attend to receive credit.
- **CYC and Speakers Bureau** will be held on selected **Thursdays** of each month (see calendar). The time commitment is 5:00-7:00 p.m., not including transportation time. To sign up, call 781-1815.

Women's Self Defense Workshops

(Pre-registration is required)

Every 1st or 2nd Monday of the Month

For more information call the **SARP Center: 545-8888**

Or for 24 Hr Crisis Support call: 1 (800) 656-HOPE

Safe and Sober

A Support group for women surviving substance abuse and domestic violence. The group is facilitated by a licensed therapist.

- Develop better coping skills
- Create healthy relationships
- Achieve higher levels of self-esteem

Also:

Domestic Violence Groups for Teens:

For both services, contact the Women's Shelter Program of SLO:473-6507 www.womensshelterslo.org

LifeBound Leadership Teen Program

The LifeBound Leadership program is an asset-based, youth leadership development, and pregnancy prevention project in Nipomo. It provides teens, ages 12-18, with sex education, leadership skills, academic support, community service projects, music and art, and recreational activities.

The LifeBound Leadership Teen Center is located at:

151 W. Dana St. in Nipomo Suite #204.

They are open MWF from 2:30—5:00pm. Pick up an application if you are interested in becoming a member. To reach the office call: **805-929-6054**

The teen center offers a computer lab for homework or job research. It also has a ping-pong table, an XBOX 360, and a stereo/sound system. They also have snacks for after school hunger!

Friday Night Live

Offers opportunities for youth to engage in drug & alcohol free events that encourage community involvement, advocacy & develops healthy meaningful relationships

For More information call:

788-2055

Or see the website at <http://www.slofnl.com/>

ROCKIES

Morro Bay Teen Center

Located at 231 Atascadero Road in front of Morro Bay High School.

Come hang out! Surf the 'Net, play Ping Pong, Guitar Hero or any other video game on any game system.

For More Info: 772-6212.

Cuesta College EOPS

(Extended Opportunity Program & Services)

- Assistance with admissions and financial aid.
- Academic, personal and vocational counseling
 - Referrals to tutors
 - Book grant up to \$200
 - Field trips to 4-yr colleges
 - Information on scholarships
- Access to CARE—a program that helps students 18 or older who are head of the household and have a child under 14
- Information on DSPS (disabled student programs)

Apply at Cuesta College and see if you are eligible.

Call today for more information:

SLO office: 5463144 North Co Campus: 591-6214

What is California Youth Connection?

CYC is a youth run advocacy group that works to improve the foster care and probation system:

- *Advocate on behalf of all foster and probation youth and make a difference in the system!*
 - *Go on trips to fun places and meet new friends*
 - *It is a great resume builder! Come check it Out!*

What is Speakers Bureau ?

- *Meet once a month to learn public speaking skills with amazing instructors*
- *Educate the community to improve the foster care system by sharing your story*
- *Join today by calling CYC at 781-1815*

ILP Classes & CYC Event Rules

1. ILP will send out a **flyer** each month from which you must **RSVP by the deadline date**.
2. ILP will call you a few days before the class or meeting to confirm your attendance. The time of pick-up will vary slightly depending on how many youth the driver is instructed to pick up. However, **you must be ready for pick-up in the time frame ILP gives you!**
3. If ILP provides transportation, you will be dropped off where you were picked up **unless otherwise pre-arranged with ILP management**
4. **NO SMOKING.**
5. You must be **respectful** of the instructor and other students.
6. You must remain supervised at all times.
7. No inappropriate language.
8. If unable to attend an ILP class, you must call **Amanda at 781-1920** with at least 24 hours notice prior to the driver coming to pick you up! If unable to attend CYC or Speakers Bureau you must call **781-1815**.
9. ILP provides **DINNER** at most classes and meetings.
10. You must **participate** in the classes in which you RSVP to get **credit!**

JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 CYC	8	9
10	11	12 Movie Night	13	14	15	16
17	18	19	20	21 CYC / Speakers Bureau	22	23
24	25	26 ILP Class 1H	27	28	29 Day at the Capitol	30 Day at the Capitol
31 Day at the Capitol						

CLASSES AND MEETINGS

- **CYC**—Jan 7th at DSS in SLO 5-7pm
- **Movie Night**—Jan 12th in SLO. Time and Theatre TBA (early evening)
- **CYC**—Jan 21st at DSS in SLO 5-7pm
- **ILP Class 1H: Healthy Relationships**—Jan 26th at Cuesta in SLO Rm 4750, 5-8pm. This course focuses on issues related to building and maintaining healthy relationships; and through reality-based readings, discussions and activities fosters the skills needed to live and thrive in our society.
- **Day at the Capitol**—CYC event. Times TBA

ILP can transport to CYC and ILP class.

To RSVP to Events or Classes call Amanda at 781-1920

To RSVP for CYC call 781-1815

Students in Workplace Readiness Classes:

- Earn 10 High School Elective Credits & 3 College Units!
- Participate in Ongoing Semester Classes at most of the County High Schools
- Participate in Cuesta College Orientations
- Learn about Programs Available when attending Cuesta including how to get free money for college!
- Participate in Innovative Work Readiness Activities
 - Access Job Placement Assistance

SIGN UP NOW!

For More Information, please contact:
Workforce Economic Development at:

546-3180



"Introduction to Workplace Readiness"

Cuesta College

Workforce Economic Development Projects

*A Semester Long Series of:
Workplace Readiness & Job
Retention Seminars*

Spring 2009 Classes:

Liberty High School

Wednesdays at 4:00pm starts 1/27/10

Arroyo Grande High School

Tuesdays at 4:00pm starts 1/26/10

Thursdays at 4:00pm starts 1/28/10

Nipomo High School

Tuesdays at 4:00pm starts 1/26/10

Wednesdays at 4pm starts 1/27/10

Atascadero High School

Thursdays at 4:00pm starts 1/28/10

San Luis Obispo High School

Wednesdays at 4:00pm starts 1/27/10

Morro Bay High School

Wednesdays at 4:00pm starts 1/27/10

Classes Meet

Once a Week for Fifteen Weeks

FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 ILP Class 2H	3	4 CYC	5	6
7	8	9 ILP Class 3H	10	11	12	13 Land Conservancy Volunteer Day
14	15	16	17	18 CYC / Speakers Bureau	19	20
21	22	23 ILP Class 1G	24	25	26	27
28						

CLASSES AND MEETINGS

- **ILP Class 2H: Healthy Relationships**—Feb 2nd at Cuesta College in SLO Rm 4750, 5-8pm.
- **CYC**—Feb 4th at DSS in SLO 5-7pm
- **ILP Class 3H: Healthy Relationships**—Feb 9th at Cuesta in SLO Rm 4750, 5-8pm
- **Land Conservancy Volunteer Day**—Location and Time TBA
- **CYC**—Feb 18th at DSS in SLO 5-7pm
- **ILP Class 1G: Developing a Sense of Community**—Feb 23rd at Cuesta in SLO Rm 4750, 5-8pm. This course focuses on issues related to developing a sense of community and participating in the community; and through reality-based readings, discussions and activities fosters the skills needed to live and thrive in our society.

ILP can transport to CYC and ILP class.

To RSVP to Events or Classes call Amanda at 781-1920

To RSVP for CYC call 781-1815

MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 ILP Class 2G	3	4 CYC	5	6
7	8	9 ILP Class 3G	10	11	12	13
14	15	16	17	18 CYC / Speakers Bureau	19	20
21	22	23 ILP Class 1E	24	25	26	27
28	29	30 ILP Class 1E	31			

CLASSES AND MEETINGS

- **ILP Class 2G: Developing a Sense of Community**—March 2nd at Cuesta College in SLO Rm 4750, 5-8pm.
- **CYC**—March 4th at DSS in SLO, 5-7pm.
- **ILP Class 3G: Developing a Sense of Community**—March 9th at Cuesta College in SLO Rm 4750, 5-8pm.
- **CYC**—March 18th at DSS in SLO, 5-7pm
- **ILP Class 1E: Finding Your Future**—March 23rd at Cuesta College in SLO Rm 4750, 5-8pm.
- **ILP Class 2E: Finding Your Future**—March 30th at Cuesta College in SLO Rm 4750, 5-8pm. This course focuses on issues related to planning one's future including identifying career interests and motivation, career paths, related educational opportunities, job market trends, and basic elements of a job search portfolio; and through reality-based readings, discussions and activities fosters the skills needed to live and thrive in our society.

ILP can transport to CYC and ILP class. To RSVP to Events or Classes call Amanda at 781-1920. To RSVP for CYC call 781-1815

ALPHA

(Acceptance-Life-Professional-Help-Alternatives)

Pregnancy and counseling support center

- Free pregnancy tests and counseling, adoption and post-abortion counseling
- Medical, financial, housing, and legal assistance
- Maternity and baby clothing and equipment, diapers, food vouchers, and transportation.
- 24-hour hotline for crisis situations
- No qualifications and No fees

Call: 541-3367

Creative Mediation Services:

- Conflict resolution for anyone in SLO county
- Turn conflict into opportunities for mutual gain and positive change
- Varies from free to low cost

For more information call 805-549-0442

GAY AND LESBIAN ALLIANCE (GALA)

WWW.ccgala.org

GALA is a local organization that supports a healthy GLBT community that is respected, embraced by, and of value to, the Central Coast community. Their mission is to use education, support, recreation, advocacy, and partnerships to promote the well-being of the GLBT community.

Q YOUTH GROUP OF SAN LUIS OBISPO

www.ccgala.org Facebook: Q youth group
GALA's Queer Youth Group provides a fun, safe environment for LGBTQs (ages 13-23). Meetings are Thursdays from 6pm to 8pm at the San Luis Obispo Library to hang out, plan events, talk, laugh, dance, etc.

ILP would like to hear from you!

Email Amanda at: arichardson@co.slo.ca.us

WIA Youth Employment Program

- Academic Assistance
- Summer Employment Opportunities
- Assistance with Educational Placement
 - Job Placement
- Paid and Unpaid Work Opportunities
- Mentoring and Supportive Services
- Occupational Skills Training and More!!

North County:

Call Brandee Brown at 459-3638

South County:

Call Jenn Kirn at 459-9473

CAP (formerly called EOC) Free Health Services for Males and Females:

For help with:
Contraception, STD's, Pregnancy Tests and more
 For SLO Call: 544-2478 and
 for Arroyo Grande Call: 489-4026

Central Coast Narcotics Anonymous

Call 549-7730 or 1-800-549-7730 for more information on class times and locations.

Al-Anon/Alateen

Alateen is for young people whose lives have been affected by someone else's drinking. Even though the active drinking may have stopped, the active drinker may not live with us any more or the alcoholic may be recovering in AA, we are still affected.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

For More Information, and to find a meeting near you call: 805-534-9204

APRIL 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CYC	2 College Day	3
4	5	6 Spring Break— No ILP Class	7	8	9	10
11	12	13 ILP Class 3E	14	15 CYC / Speakers Bureau	16	17 Earth Day! ILP Volunteer Day
18	19	20	21	22	23	24
25	26	27 ILP Class 1F	28	29	30	

CLASSES AND MEETINGS

- **CYC**—April 1st at DSS in SLO, 5-7pm
- **College Day**—April 2nd at Cuesta College in San Luis Obispo. Join ILP in taking a tour of the campus. Learn how to navigate the school and gather information on financial aid, counseling, EOPS, computer services, the library, athletics and more! RSVP to Amanda at 781-1920. We will provide transportation, so sign up now!
- **ILP Class 3 E: Finding Your Future**—April 13th at Cuesta in SLO Rm 4750, 5-8pm
- **CYC**—April 15th at DSS in SLO, 5-7pm
- **ILP Volunteer Day—Celebrating Earth Day!** - April 17th. Location and Time TBA.
- **ILP Class 1F: Locating Resources and Developing Connections**—April 27th at Cuesta in SLO Rm 4750, 5-8pm. This course focuses on issues related to getting along in the community such as housing, transportation, and public services. ILP can transport to CYC and ILP class. To RSVP to Events or Classes call Amanda at 781-1920. To RSVP for CYC call 781-1815

MAY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 ILP Class 2F	5	6 CYC	7	8
9	10	11 ILP Class 3F	12	13	14	15
16	17	18	19	20 CYC / Speakers Bureau	21	22
23	24	25	26	27	28	29
30	31					

CLASSES AND MEETINGS

- **ILP Class 2F: Locating Resources and Developing Connections**—May 4th at Cuesta in SLO Rm 4750, 5-8pm.
- **CYC**—May 6th at DSS in SLO, 5-7pm
- **ILP Class 3F: Locating Resources and Developing Connections**—May 11th at Cuesta in SLO Rm 4750, 5-8pm.
- **CYC**—May 20th at DSS in SLO, 5-7pm

ILP can transport to CYC and ILP class.

To RSVP to Events or Classes call Amanda at 781-1920

To RSVP for CYC call 781-1815

JUNE 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 CYC	4	5
6	7	8	9	10 Awards Night	11	12
13	14	15	16	17 CYC / Speakers Bureau	18	19
20	21	22	23	24	25	26
27	28	29	30			

CLASSES AND MEETINGS

- **CYC**—June 3rd at DSS in SLO, 5-7pm
- **ILP Awards Night**—June 10th, 5:30-9pm. Place TBA. Join ILP in celebrating the years accomplishments of youth who have made strides either in school, community service, career goals and more. A night of fine food and dancing will take place, we look forward this annual event!
- **CYC**—June 17th at DSS in SLO, 5-7pm

ILP can transport to CYC and ILP class.

To RSVP to Events or Classes call Amanda at 781-1920

To RSVP for CYC call 781-1815